

Organisations Supporting Reduction in the Lonely & the Isolated

Carers Wales www.carersuk.org 0808 808 7777 from Monday to Friday, 9am – 6pm

Give expert advice, information and support

Connect carers so no one has to be alone

Campaign for lasting change, innovate to find new ways to reach and support carers

NEWCIS www.newcis.org.uk 01745 331181

Provide information, 1 to 1 support, training and counselling to unpaid carers

Carers Trust North Wales (North Wales Crossroads) www.nwcrossroads.org.uk

[01492 542212](tel:01492542212)

provide services and work with carers and other stakeholders to influence service innovation and growth

HAFAL www.hafal.org 01792 816 600 / 832 400

Provides practical help, information, advice and support to unpaid carers of people with mental illness

Tide www.tide.uk.net

0151 237 2669

building a better future for carers of people with dementia

Alzheimer's society www.alzheimers.org.uk

[0333 150 3456](tel:03331503456)

support groups, local services including befriending services

Age Cymru / Age UK www.ageuk.org.uk 01352 700067

regular telephone friendship service and 24 hour help line

Re- Engage www.reengage.org.uk

[0800 716543](tel:0800716543)

offer companion telephone calls 2 to 4 times a month

provide social connections for older people

Denbighshire Keep in Touch 0300 111 2120